Therapy is for validation; it is that simple to describe it to someone. Therapy is not needed. There is no better or worse therapist in that case.

Why do the professionals force these medications on people when combining the medications with alcohol can kill someone? Many of the patients are already alcoholics. Yes, I am saying these psych wards are causing people's deaths. Also, at most psych wards they inject those who go, so the patients have over a months' worth of medications that can kill them within the month of it being in their system. No wonder why parents want their young adults invested in the mental health field figuring they will give up alcohol and will enjoy the life of being mentally ill believing there is something to gain from it.

The help has to be funded by the government or else many people would not pay the $60 a session for a therapist. This is because many would not find therapy worthwhile unless it was $10 a session. As far as the medications are concerned, for much of America the medications have to be government subsidized, people cannot afford them.

A lot of PRN's are Xanax.

A pharmacist said the side effects for the medications I had ordered talks about the percentage doesn't talk about the duration but the list of side effects. He said the half 4.8 days for the medication to get out. 25 to 50 for the injection total of 49 days. This would be far off from four and a half years of side effects. He said it is not "unknown" as to why it lasted so long that would be for an "allegoric reaction" if it were "unknown", that it was expected for the side effects. Still, why did it last for so long? He said it is "expected" but not after 250 days.

In this field, you can just do the tasks, you don't even have to talk to any of the patients. How is this "help"? It is support, but it is not help. This is more proof this whole field is fraudulent. Unless you are a psychiatrist, you don't have to talk to a patient. They had trained all these workers and sent them to school to learn how to work services for people such as driving patients or getting soap from behind the desk. That would be like if you went to school for medical, and you worked retail where medical helps in no such way. To get this to work, most of the workers have to care about fixing issues. Not doing tasks for people. This proves my point that all these psych wards are just for waiting until the psychiatrist needs to bring in the next group of patients. All the workers have to do is listen. That does not fix the issue. The patients go because they want someone to listen to them. Most do not want advice on how to fix their problems.

The professionals cannot give a checklist on what to improve, wouldn’t that be necessary? The professionals leave it up to the patient.

What works for you may not work for someone else. That’s not how it works, it is all or nothing when something doesn’t work though it may work for a very small amount of people. Because of this, people will keep trying things that have never worked.

It is not related to genetics as to why someone is depressed.

They tell someone to focus on good memories and not bad memories, that is not the solution.

When medical consumes people’s lives with mental health it shows how people live less of a life and become less human. It is setting people’s lives back.

The professionals keep insisting the medications are enough, this is not true, the medications do nothing.

I would like to sit down with someone who claims humanity had made this amazing discovery when medications were invented.

Psych wards are the only place where one group acts like such animals, the next there are one or two that act like animals.

Because the professionals say “mental illness is a spectrum” meaning it can improve one month and go back another, what the professionals are saying is once diagnosed, always diagnosed implying it will happen again in the future.

I can’t put a percentage on it, but a good amount who go to psych wards and rehab centers are playing the system. Where either they are sad for a short period of time or they do too many drugs, that is not what it is intended for! That is not something to be funded. There has to be some way that prevents this crowd, so they are not able to do this. It shouldn’t be for someone’s personal benefit; it is for a crisis.

Patients go to therapy to feel safe is what the therapist told me.

What I think happens is if the professionals haven’t gone through an experience themselves or with a family member, they don’t see it as an issue is what I believe.

If patients lack filters, they will say the most absurd things on the internet. None will know what it means when the patients send it to them because none know that they’ve been diagnosed as such.

The medications do absolutely nothing for someone who lacks a filter.

The numbers for the mentally ill are inflated because there are people who drink in excess in their 20’s at colleges where they believe they are mentally ill for life.

At least a portion of people who go to psych wards aren’t actual patients and believe they are right when they go the wrong thing in America thinking they are making some statement. They waste everyone’s time and money. Why the psychiatrist doesn’t just release people like these I don’t even know.

You would have to go to a specialist for each symptom such as a gastrologist.

My doctor saw the line in my stomach and thought nothing of it. He pretty much acknowledged something was wrong yet said nothing about it. My doctor told me it was unheard of to have side effects for more than a year.

What people do is talk about their problems on podcasts in a positive light. This is just stress inducing having deep conversations about a serious subject. It is neither good nor bad to do but it is done in such an excess on the internet making it not a good idea.

The public says it is a courageous thing that people seek the help, it’s just a choice people make to each their own of what they get out of it.

If people go to jail, their friends won’t quit on them. If people go to a psych ward, their friends quit on them. This alternative is horrible, yet the professionals insist it will fix things and the professionals say they will end the “stigma.”

There is no evidence music helps people recover.

Women are more often diagnosed with depression than men. That is something to consider.

At least in prison, they give you a date when a patient will leave, in psych wards, they won’t. A patient has to show “good behavior” to get out of a psych ward, that sounds like a prison to me.

The mentally ill don’t have anything to do so they create problems in their mind that isn’t there then they go to a staff that listens and does nothing about it because there is nothing they can do.

Psychiatrists won’t diagnose politicians such as Marjorie Greene Taylor, Lauren Boebert, and Ilhan Omar.

The professionals cannot weigh which is a serious problem and which is someone wanting attention.

What does schizophrenia even mean when someone is told to work after being told they have it?

The medications are to slow patients down to make them tired and have far less energy. They do absolutely nothing for one of the patients at my group home where he complains, or he would talk about himself all day long if someone were present. This is proof the medications do not work at any level.

Since those who are deemed mentally ill have a higher risk of being assaulted, they have every right to claim benefits for life.

The professionals told me to hide the fact I went to a psych ward, yet they told me I was incapable of any such directions from them.

The clinician who works alongside the cops is for after one sectioning. It only figures. It is to cut down after the first section.

What the professionals have come up with is more “support.” That means more groups like the “gay-straight alliance”.

I watched a woman with schizophrenia in her 20’s being interviewed, she acted like a child in it and is treated like such. It is scary.

A common theme amongst the mentally ill is that all they talk about is themselves.

The professionals said I had Aspergers syndrome at age 6. In the 90’s, the autistic diagnosis didn’t exist.

All the accolades given out in the mental health field should go to Social Security, it does 100% of the work. Without it, the field could not function.

It’s never the psychiatrist, it is always the “medication”.

If everyone’s mental health has to be screened in America, there is no point for the labels such as bipolar.

The medications do absolutely nothing for a patient who is incompetent. This is an example where this “brain chemistry” is a lie.

The mental health field will rarely go to those who need it the most.

The professionals will never tell a patient what they think is correct is impossible. This means the professionals cater to the patients and act as if the medications will fix a patients delusion when it doesn’t, this is an example of fraud.

If someone were to say there are tasks the mentally ill cannot do, don’t even engage. I saw a crazy guy at my group home get 18 gallons of diet Pepsi a

week. The crazy guy will do the task he wants to do which he views as a task so he knows what a “task” is. The professionals will say that the crazy guy cannot do other tasks, that’s fraudulent.

Mental illness is caused by a series of events.

It becomes so clear someone has a mental illness after months of seeing them.

The majority of the mentally ill do not keep their place clean nor shower properly. The mentally ill take their medication on time. This tells me the mentally ill are not taking the medication as some sort of task, the mentally ill take the medication for their “benefit.” The professionals and these mentally ill act like it is a task that the mentally ill want to do.

If you choose not to talk to a psychiatrist in a psych ward, the psychiatrist can claim you have a disorder of maintaining complete silence.

You can just joke around at a psych ward, the psychiatrist doesn’t care. You will still be let out at the same time they would let any other patient out.

There is no longer a concept that a young adult needs to grow up, it is now that they are “struggling.”

The medications if they were to do anything, they should be for crisis, not for “stability”! This means if someone going through a crisis goes to a psych ward, they take the medication for a week, they get out and if ever a crisis again it won’t be an issue. What I am saying is mental illness should be temporary. After all, they call mental illness struggles. If this were a reality, everyone’s mental health could still be screened. It would be quick and ongoing instead of something “courageous” to do that is lifelong.

Bipolar does exist but it is a personality trait of doing many things one week then not bothering to get out of bed the next. It’s not a mental illness, it’s a choice they make, not a “brain chemistry” issue.

Because schizophrenia can mean someone hears voices and because someone can fry their brain which will cause this “schizophrenia”, the professionals argue that it does exist. That is wrong on their part to do. What I think is that those diagnosed with schizophrenia want to babble as an example, not caring what others think. If someone doesn’t care for their own well-being, that is not a mental illness, it means that they just don’t care for themselves at all. They are just very strange people who choose to be.

There’s no such thing as narcissistic personality disorder. Someone can choose not to be a narcissist.

Someone can claim quadruple diagnosis. I am not sure what that would look like.

There is not one patient that cannot control their actions and speech unless if they are deeply autistic or have destroyed their brain from heavy drugs. The mentally ill do things that are out of line, they know when something is right or wrong that they do. The mentally ill make the same mistakes, they know it is wrong to, but they don’t know any better. The mistakes they make do not cause them to try to pick a fight with someone or to say something malicious to someone. The mentally ill can still do what they want when they want to.

The labels given such as schizophrenia means that the professionals have given up on a patient. But then the professionals can lie and say “oh, I didn’t mean that” if the patient makes 6 figures as an example. The professionals cannot claim schizophrenia means both citing false examples of people who were diagnosed and make 6 figures. That is absurd for them to claim. The professionals act like they leave the door open for possibilities, they don’t.

There should be requirements to be deemed mentally ill such as checking into a waiting unit once every six months to a year. The problem with that is then patients will purposely check in to claim they are mentally ill for life. After all, mental illness is “lifelong”, therefore there should be “ongoing” reason to believe that a patient has an illness that the professionals say is lifelong.

For the mentally ill, it is a job, and then the mentally ill make it worse for themselves by attending to their symptoms acting out of line where the professionals had expanded it for the mentally ill. If you saw the mentally ill when they first started in their teens and 20’s, their behavior was not nearly as bad as it is in their 30’s and 40’s.

Since the professionals will make the mental health field catered to patients, this will cause the numbers to go higher and higher every year for mental illness diagnosis.

The professionals know the psych wards make patients worse, but they know patients can be stabilized so the country funds it anyways knowing in advance.

A clinician confirmed for me that you cannot go to a waiting unit and then go home. You would have to go to a psych ward or a respite.

Talking about problems will mean more reporting of neighbors and coworkers. That’s the results.

Why not tell patients day one at the group home “we have endless work to be done. We don’t get events scheduled.”

What the professionals say, “we made a mistake in the 1960’s keeping the mentally ill in psych wards for life.” The professionals are saying “we are always right.”

What the professionals do is having varying different perspectives of what mental illness means. What this does is distort the actual meaning of it, so mental illnesses such as “schizophrenia” and “bipolar” are not definite. This means the professionals can claim different “symptoms” that they make up in their minds claiming it is a sign of a “mental illness.”

A professional can diagnosis someone, another one can claim that someone is not diagnosed, that’s not how a system works. It’s all or nothing, that indicates the system doesn’t work. In the future, someone can be diagnosed because of drugs such as MDMA.

If someone has difficulty reading social quos, that doesn’t mean they are autistic, yet they are diagnosed as such in 2023 in most cases.

What the professionals did was start normalizing all this, claiming that schizophrenics can work as any career they want. This all relates because if someone for instance had issues with authorities, they would say “sorry about your mental health issues” where the professionals overlook that the authorities are wrong as if the authorities can do no wrong.

The professionals don’t have to watch the news. I would think they would be required to in order to work the job.

If the mentally ill are educated and have structure, the mistakes they make will be less frequent, the scale will be a good amount lower, and their symptoms won’t be noticed as much by others.

It is easy to stay at group homes for life. What someone can do is when they get their voucher, they can rent their apartment they have to a friend which will make them lose their voucher every time they do it. Because the only place they can stay is a group home, they can repeat the process repeatedly. That’s a flaw in the system.

How the professionals get away with this is saying for example “schizophrenia” has different meanings so each professional will say something different meaning the professionals won’t write it definite. When someone hears schizophrenia in the public, it means the worst possible, to the professionals, it means barely anything because the professionals want it that way or they will lie by design to distract from what they intended to mean by issuing the diagnosis.

The professionals can say to a problem “no, it doesn’t have to be fixed”, that’s not good.

The professionals can decide what they deem is a problem and what they deem isn’t a problem. These are the “experts.” Because psychology is nearly endless, the professionals can write it their own way what they deem is a problem or not.

The professional’s figure if they fix one problem in a patient, it will fix the other one by having the patient overlook the problem. That’s not how it works. If I ran a clinic, I would not hire a professional like such.

If a patient came with “first world problem” after “first world problem.” I would expect the professional to address each one. Over time, the patient may stop coming to see how they now can resolve their first world problems.

Professionals only get involved with situations. They don’t advocate for patients. That means they are of no use for situations that emerge.

Firs the professionals say mental illness is being discovered then they say it is generational as to what the environment will influence the amount, it cannot be both.

In what other field do people who use it either use support in full meaning hours a day or they choose to insult the support they have? I find this both odd and funny. Odd because people wouldn’t believe me if I said that is what the field is. Funny because the support isn’t to have problems with, it is to a client’s benefit. For example, what therapist would work with someone who had problems with their personality?

If you seek more help, the professionals say that you are struggling, that’s not how it works considering they are the ones that know psychology, to learn psychology, you will have to go to professionals since colleges cost so much in 2023.

There is no evidence that when someone talks about their problems that it makes them better.

When the numbers go up in cases of mental illness, the professionals will say that there is increased awareness and diagnosis. That could be the case, but that isn’t what is going on. It is generational and it is going to keep expanding because the public will want to see what psychology such as having a therapist has to offer them.

The professionals will tell a patient that the patient is accountable for his or her actions. I wonder what mental illness really is then.

Racism is not deemed a factor for mental illness. In the future, I don't see it being deemed such.

When the professionals hear that a client has an issue, the professional can believe it is caused by some other factor. Not only does that mean the problem is neglected, it means there is a disconnect and no progress is made because what the professional thinks caused the issue, the client most of the time will think that is what causes the issues that were not such because they were told it was a flaw in their character.

Because the professionals cannot confirm or deny who ahs a mental illness or not, the professionals can set the numbers to everyone in the public or to few in the public. This is a serious flaw in psychology on the basis alone it allows someone to say, “we all have a form of a mental illness.”

What was happening historically is those who sought help through therapy and medication for instance reported that they were pleased talking to a therapist about their life and current issues facing the world. The therapists read this as therapy works for almost everyone where the clients would be pleased talking about problems they face. This I believe is not true. It was the individual who sought therapy that reported being pleased talking about their problems, not humanity as a whole yet the professionals read it that way that therapy and medications fix problems for the public. I believe this field does so little for someone.

The numbers cannot be weighed for mental illness in America, a reason being that housing is so poor in America that many have to claim a mental illness in order to afford rent.

What I have noticed is some workers will listen to you and other workers will not listen at all. The workers have already made it up in their minds if they want to listen or not. What I mean is they may want to talk about a subject you want to talk about, it is already predetermined which workers will choose to talk about the subject you would like to and the workers who will not.

America has to teach mental health in schools considering the claims that are made by professionals that someone is “schizophrenic”, “bipolar” etc. If the public doesn't know the details necessary, they cannot understand a “mental illness” they have been told they have. It takes several months to teach it too.

A worker told me “Normal doesn't exist, that was 1960.” That is his way of trying to end the stigma for mental illness. It doesn't work though.

The professionals will tell you that “schizophrenia doesn’t define you.” Yet the public views you as such when diagnosed. The professionals are not telling you the truth about how you will be perceived by others.

What the professionals are doing is as young as 16 the professionals are deciding someone’s life by claiming something is mentally ill for life. As I have shown, the professionals don’t have a plan for those they diagnose. This is wrong on so many levels.

What the professionals do is they neglect an issue and then they change the subject knowing there are other issues going on with the subject.

I wonder why a worker would want to work in this field unless their salary was high meaning what they could possibly see in it.

NAMI estimates 25 to 40 percent of the mentally ill in America will be jailed or incarcerated at some point. The professionals call these psych wards ethical.

Group homes went up 2.2 percent as of last year. The number cannot go up that much each year, this statistic is alarming.

One thing that bothers me is so many workers discount schizophrenia as if it is something someone wouldn't mind having and it isn't something to be ashamed of. They are showing no perspective at all here.

What the professionals are doing is saying that patients are incompetent. This means the patients will expand new tasks they believe they cannot do that they can.

The number one fastest growing job in America is a nurse. This means this field will keep expanding.

I know there is a portion of the mentally ill that want to be in the field to complain about what goes on in it to rant against it.

2 to 3 percent of the public has been sectioned yet the public funds this so much.

25 to 40 percent of the mentally ill end up in prison. That I believe is the reason why this is funded to try to lower the numbers of the mentally ill going to jail.

Because many in the public have problems, they will seek help through a psychiatrist or a therapist. This means more in the public will claim to have a mental illness since the professionals are claiming 1 out of 3 have a mental illness, the public will read it as they are more likely to have a mental illness themselves.

I don’t know the degree to which the public seeks the help and talks about their problems. We know there is a highest and lowest degree, it isn’t a medium.

I don’t think the professionals have ever turned anyone away who said they had a mental illness.

A worker in the field asked me what America would do if the mental health field is underfunded. Diagnose much less of the public? Faster Section 8?

Keep in mind that once they deem you to be “mentally ill”, everything you do that they don’t support is classified the same by the professionals. Few or much, it matters not what your actions are to them.

Talking to a psychiatrist is only for talking about medications and the effects the medications have. The medications have shown to do nothing. The average salary of a psychiatrist is $220,000. A licensed occupation of nothing that keeps expanding.

It takes a six-month period that must include at least one-month present symptoms. How come the psych wards diagnose in two weeks of five daily meetings with a psychiatrist?

The professionals say that they update the DSM. The DSM 4 is the same as the DSM 5. This is the field that says it is not definite.

It’s 50% percent schizophrenia diagnosis, 30% bipolar diagnosis, 10% depression/OCD etc. diagnosis given out a psych ward.

Someone I talked to said the psych ward he went to wouldn’t let him sign a three day because the psychiatrist was on vacation, he had to wait two weeks to sign the three day. I can’t understand why the psych wards would do that.

No matter what, the reason for why a patient is at a psych ward is because of the medication the professionals will tell a patient. That means the professionals claim the medication is 100% the reason for why a patient is there and why a patient gets out. Medication is what matters to the professionals, nothing else.

Higher diagnosis rates means more screening for mental health for the public. This means the mental illness numbers will expand anyways in America.

The professionals keep adding symptoms to the DSM. That means more will be diagnosed every year.

My theory as to why the mentally ill get away with lacking ethics is because they play victim when a conflict emerges between workers and them. If the patients didn't play victim, the professionals would call the patients "bullies" and would keep them much longer at psych wards. If the patients are seen as "bullies", then no staff will listen to them say horrific things about others.

What will happen is the youth will give other generations so much trouble that the professionals and authorities will blame the previous generations saying that mental illness is at such a high rate.

Patients' lives are so easy, yet the patients will tell you their lives are so challenging. It is not challenging being sectioned time and time again not working a 9 to 5 and having a staff do tasks for you. It makes me wonder what is going on here where the professionals keep adding Americans to it who don't have a mental illness.

The professionals have to resolve the issue that was created. Not work with the person who the issue effects. That way of thinking is flawed to say the least.

The mentally ill are never embarrassed for anything they do but will get aggressive if they think you are making fun of them. I realize what I just said makes no sense at all.

What the mental health field is for is to give patients attention all day long. This is what psych wards are for. The younger they lock patients in it, the more years they will be getting attention, the more that will be put into it, the more made-up statistics that mental illness goes up every year.

Dr. Nicholas Kardaras a psychologist did a study with young adults where they went to rehab for four weeks because they thought they had OCD because the youth were watching social media influencers that were convincing them they had multiple personality disorders when they don't have them. The youth would emulate it thinking they have it when they don't. The youth had shown no symptoms after the four weeks were up. This is a positive sign for the mental health field.

The professionals tell me that the medications work. I show them that for 20 patients at a group home, the medications do absolutely nothing. The professionals say that I am using "anecdotal evidence." The professionals then say, "the medications will work for you", the medications told me that it works for all, that isn't true. I guess the 20 patients at the group home I am at can try over 200 different medications.

The professionals do not believe that someone is upset about something else related to what they are talking about that is upsetting them. Because there is a separate issue, the professionals believe it is a minor issue that is causing it. Often, there is a disconnect because of it.

Many people in the public will not tell you if they've been diagnosed with a mental illness or not. Most would rather talk about something else. This means no one can say for a definite someone is or isn't diagnosed unless if paperwork is shown. This means patients' information is hidden.

One must wonder if when someone becomes so selfish, they no longer make sense. It is called BPD or narcissism in psychology. If that is the case, that means less are mentally ill because that is not a disorder, it is a choice someone makes they don't care to fix.

Because there is such an influx of those claiming to be mentally ill in America, what I think will happen is the professionals will not know which patients need long term care and which people just want pills. Leaving it up to the individual to seek help is not going to fix it.

The patients will go on and on to the workers about the medications they take, about how the medications will somehow work differently in the future when the medications do the exact same. The patients believe that these medications will make it so they do not need the amount of help they receive. The workers have to nod their heads the entire time the patients are talking.

The more they expand the mental health field, the more work it will be for workers to have appointments for the mentally ill. That means more employees will be needed.

Because the professionals decide there is a spectrum with mental illnesses such as ADHD, what that does is add more to the mental illness numbers because more people in the public believe they have this "mild" ADHD.

What the mental health field has become is someone believes it is part of some "journey" for them. The mental health field is for those who need to be in it, not for those who want something out of it as part of their "story" for their life.

It doesn't work that way where the professionals diagnose mental illness and hide the footage with those who are in there. That doesn't even make sense. The footage would give a far better understanding if someone did or didn't have a mental illness. I find it wrong; the psychiatrists and workers can never be sectioned. The workers aren't going to talk about it as I have shown. Let's say you were to ask for the footage of you being at a psych

ward for a courthouse to show you don’t have a mental illness, the phone representatives for the psych ward will hand over the video.

What Americans cannot understand is more will claim a mental illness every year. The mentally ill will take smartphones, go to foodbanks, in some instances will own a car, single apartments, social security, food stamps, monthly discounts in cost through government programs. They can be artists, they can drink, they can smoke marijuana, they can go to a gym, they can review food on the internet, they can claim to be photographers, they can go to the mall, they can stream videogames, they can make TikTok videos, they can be activists, they can buy material at thrift stores to resell, they can be social media influencers, centers they can go to, group talks about being mentally ill through Zoom, all their bills are paid, they can go to psych wards they can go to if they want to, therapy that is free, takeout, dates at any time, group homes they enjoy being at, and free Medicare. Possibly in the future there will be more activities for them to do.

Most of the mentally ill have nothing to do so they talk all day. Even with smartphones, it only does so much to distract them.

How can Massachusetts say it is someone’s delusion when the psychiatrists believe the other person in full every time they meet someone? Are psychiatrists’ judges?

In a way, you are forced to go to a group home since there are laws against being homeless. The government tries to give this notion that you can leave one, you would then have to then go to another one since the rent is out of reach. Group homes cannot force medications, many don’t want to be at one to begin with. Group homes should only be for those who need them, not to be a place to wait at for Section 8. It is the only housing the government has, yet group homes are advertised.

Most patients get worse from the mental health system. When the professionals add more to the system, they have to pay for more in the system.

A study showed that 86% of clinicians feel overworked in 2023. The study said this is an increase from 74% in May 2012. The workers respond to this with “new medications are being developed that will vastly improve the mental health field.”

Psychiatrists do not lose their license for not diagnosing at a certain rate.

What the professionals do is they talk about an issue briefly than they expect you to leave. When you bring it up the second time, they repeat this.

Anti-psychotic medications when they were invented were not intended to be taken long term.

If the younger generations are uneducated, that is far more work for the medications and the professionals in America. That will mean several more years of requiring help.

Pharmacists need to invent medications that do not have side effects if the psychiatrists are to mandate them in psych wards. Pharmacists make a high salary in today's economy. Since pharmacists aren't capable of inventing medications without side effects, where are they headed with pharmacy in America?

The majority of the mentally ill want their medications believing their mental illness will be different but still have their symptoms be in full.

The way it is worded "I need a PRN." Most patients don't need a PRN. It is something patients want as something to do.

The mental illness schizophrenia cannot be diagnosed before age 25, a young adult's brain is not fully developed yet.

Many of the mentally ill get far more offended if they are told they are "not mentally ill" than if someone called them "delusional."

Depression is not genetic.

Young adults are getting depressed when their TikTok doesn't go viral.

Mental health is the leading cause of disability worldwide.

The higher the patients, the less staff care at mental health facilities.

The parents have to sign the paperwork for their teenager to go to a group home, a teenager cannot voluntarily go to a group home if they are under age 18. I don't agree with this.

The public will keep seeking help, instead of seeking help, why not be more active during the day?

I believe the reasoning behind psych wards is for several licensed professionals to try to convince the patients who are there to take the medications in the public. The professional's generation after generation believe these medications work well for the patients.

Frequently you will see in the mental health field "pass it on to the next one."

Depression was at 4.9% in 2006. In 2023, depression is at a rate of 29%. There are many things to consider here, with the amount of people on

medications, wouldn't the number be decreasing over time? Also, will the number claiming depression fluctuate in the future?

When the mentally ill are told the staff are busy, rarely do the mentally ill listen.

The staff and professionals most of the time think a patient is projecting them being upset on them because they are not wealthy. This ruins the field where the professionals have to decide when a problem is serious or not.

The mentally ill get worse as they age.

The severity of mental illness goes based on length in a psych ward, if a patient is in a psych ward for past a month, the patient is severely mentally ill.

The psychiatrists seem to forget that when they diagnose so much of the public, only so much social security payments can be given out to the mentally ill.

Talking to someone is to prevent the next emotion after someone being upset in psychology. Who knows if this does much to prevent the next emotion.

Most patients' mental health may worsen being at psych wards for longer stays. This would explain a reason why the stays at psych wards are shorter now. If the patient's behavior worsen, the psych ward worsens. This means someone figured to get the patients in for a few weeks, have them come back again in a month.

It wouldn't matter if the research is better in 2023 for psychology. If the problems go up, better research and better medications will only somewhat help the field.

The more medications, the more appointments the mentally ill will have to go to have their medications lowered or raised or added and subtracted to.

Autism has increased 317 percent since 2,000.

Smartphones are not causing people to have worse social skills. This doesn't make sense; I will explain why. Those who use smartphones use phone calls, texting, and watching videos on it. That would make someone's social skills equally if not somewhat better than those who did not use smartphones throughout their lives.

Several in America are claiming to be autistic in their mid to late 20's. What do they see in being autistic? This is a long conversation that could be had with someone who claims to be autistic.

The mentally ill come up with the most bogus claims such as them getting “sleep deprivation” if they do not sleep for over 9 hours a day.

The mentally ill will go at any pace they want; it usually is a slow pace.

Mental illness is not genetic based. Mental illness is caused by environment and other factors. Mental illness is not genetic based with rare exceptions.

Medication usage is at an all-time high in 2024.

Generation Z employees are missing an average of one day a week of work a year in Britain for their mental illness. This is costing over 175.2 billion a year. I read this as concerning since in the near future, the next two generations could miss two days a week of work on average from their mental illness.

Therapy costs 150 billion dollars globally.

Medications take five minutes a day to take, the public considers this “seeking help.”

Americans want to talk about themselves often on social media, someone figured to fund mental health more so the public is allowed to talk to therapists who will listen to them talk about themselves. Also, Americans used TikTok, what would it matter if China was “promoting” the mental health system? Unless if China only promoted the mental health system which I don’t believe because the mental health system was one of the most popular TikTok shorts watched on the social media platform. America isn’t describing what degree China “promoted” the mental health system on their platform. Now, Americans are backing out of funding mental health to a high degree by blaming China through offering mental health discussions on their platform TikTok. America isn’t going to get up and leave funding the mental health field to such a high degree by blaming China.

The professionals put an emphasis on not having someone’s information go public. The professionals never thought of having less people in the mental health system. This all ties together how China could not be responsible for America glorifying mental illness on China’s social media platform TikTok.

The elderly rarely if ever listen.

Universal healthcare covers therapy.

The Affordable Care Act covers therapy. That means everyone in the country can have weekly therapy sessions.

There probably is some of the public that is diagnosed with a mental illness such as autism that the professionals hide that they are poorly educated and

cannot work until they are educated. This will happen to some of the next generation too where the schools are lowering the requirements to graduate.

The public will keep wanting to battle the “stigma” generation after generation in mental health. The public will believe the “stigma” is part of America each generation. The more the battle against the “stigma”, the more the public will want to seek help.

Because more drugs are being sold yearly from dispensaries, that means mental illness will go up every year.

Those who go to therapy pick and choose what they want to “work on” in therapy. This is a service of some kind.

Most patients don’t want to leave group homes. If the patients don’t want to leave group homes, they want to be in the system full time.

The patients believe their medication sets theirs apart from the rest because there are all these different medications with medication combinations and medications levels.

Mental illness can never be proven as a fact. Struggling is real, that does not prove mental illness.

A clinician told me “We have better research of mental health.” That doesn’t mean that there would be a higher amount of diagnosis of mental illness. Her answer is not valid.

Because a concept like anosognosia exists, it helps the case that mental illness cannot be proven. The concept that is claimed that a majority of the mentally ill has makes it more difficult to believe mental illness exists. I realize this is debated by others.

There may be studies done that the mentally ill expect more attention when they seek more help.

If the DMH workers leave after years in the system anyways, it tells me that the mental illness cannot be severe for those who live in the public where they don’t get sectioned. It is only the mentally ill who live at group homes and at their parents their whole life where it is severe. It shows that part of the mental illness field could be a scam. This would be the start to showing mental illness was viewed wrong.

The workers hide if someone is doing heavy drugs at their programs ongoing. Many of the patients tell their friends that they are seeking help by posting it on social media. The programs do not tell the public who goes to their programs. Does this make sense at all?

Much of the mental health field is about getting attention. What will the patients get out of that? Getting attention is a service.

If the professionals are rushing patients out of psych wards, are the patients at a psych ward long enough to be diagnosed?

I wonder if instead of working to resolve problems in the public, professionals will diagnose and medicate the public.

There is no more research that mental illness exists year to year.

No matter how bad the mental health system is, it is on the individual or the “medication”. This means the mental health system cannot improve. Because the mental health system invents more medication, the professionals claim their mental health system is “improving”.

It is possible that the patients simply do not care. This would mean mental illness is a myth.

If a parent’s son or daughter is diagnosed, the parents get social security.

One reason why I don’t believe mental illness exists is because the numbers go higher every year for mental illness, there are not more studies done to show that mental illness exists. I wonder why.

There are many ads on social media for therapy.

36 percent of young adults aged 18-25 are diagnosed with a mental illness in America. If the numbers go higher to 65 percent for instance, it will become much less likely mental illness if real.

It is difficult to make the case that mental illness exists. I believe that there has been less reason to believe mental illness exists in recent years.